

OFFICE HOURS

9:30 am to 3:30 PM

Monday—Friday

activeseniorsinc@gmail.com

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

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Monthly Newsletter June 2017

ASI is open for activities Monday through Friday, 9:30 AM to 3:30 PM.

DAILY ACTIVITIES

- MONDAY:** **Zumba, 9 AM—10 AM ***
 Quilting and knitting **
 9:30 AM to 3 PM
 Light Exercise 10 AM to 11 AM*
 Mahjong 12:30 PM to 3:00 PM**
 Fabric Art 11 AM to 3 PM**
- TUESDAY:** Line Dancing 10 AM-11:30AM**
 Bridge 11:30 AM to 3:30 PM**
 Ballroom Dancing 7 to 9 PM
 Fee \$8.00 (\$9.00 non-members)
- WEDNESDAY:** Yoga 8:45 AM to 9:45 AM*
 Cribbage 10:00 AM to 12 PM **
 Light Exercise from 10 to 11 AM*
 Tai Chi 1:30 to 3:00 PM**
 Line Dancing 6:30 PM—8:30 PM**
 Plus \$1 donation for instructor
- THURSDAY:** **MEMBERSHIP LUNCHEON**
 2nd Thursday of each month, \$7
\$8 after Friday before luncheon
 Lunch served at 12:00 noon
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
 1st & 3rd Thursday
 Computer Class 1:00 to 3:00 PM**
 1st & 3rd Thursday
 Knitting, 1:00 to 3:00 PM**
 1st & 3rd Thursday
AOA - Discussion Group 2:15-3:30
 Ping Pong, 2:00 to 3:30 PM*
 1st, 3rd & 4th Thursday
- FRIDAY:** Yoga 8:45 to 9:45 AM*
 Exercise 10 to 11 AM* Board room
 Zumba 10AM-11AM*
 Donation for leader appreciated.
 Bridge I - 11:15 AM to 3:30 PM **
 Western Dance, 2nd & 4th Friday,
 7-10PM, \$10
- SATURDAY:** Western Dancing, 7:00—10:00 PM,
1st Saturday of each month,
 Fee \$8 members, \$10 non-members.
 * \$1 Fee for members, \$2 Fee for non-members
 ** \$2 Fee for members, \$4 Fee for non-members



We have scheduled a work day on Saturday, June 3rd. We need volunteers who are willing to help clean up inside the building and those who are willing to work on gardening. We will be cleaning around the outside and replanting where the hedge was pulled out. It takes a lot of TLC to keep our facility beautiful and running smoothly. Please let us know if you can come on Saturday morning at 9:00 AM to help.

If you know of one of our members who is ill, or out of commission for any reason, please let Ursula Bronson know. She is our Sun Shine person and will send them a card. We would also like to know in the office so that we can keep track of our members better. We are a growing organization and we definitely want to keep in touch with all of our members. So either call the office and give us the name of the member who is ill or having surgery, or call Ursula at 770-1334.

Lunch for Thursday, June 8th is Garlic Roasted Chicken Au Jus, Ratatouille and chocolate dessert. Please be sure to come in and sign up by Friday, June 2nd. Our speaker is Yvette Vasquez from Seniors Legal Services.

Don't forget to proudly fly your flag on Wednesday, June 14, Flag Day!
Karen



TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2017 Tours



THURSDAY JUNE 15, 2017, HORSE RACES, Golden Gate Fields. Incredible buffet-ENJOY A LUNCH, PLAY A HUNCH, WIN A BUNCH! \$92/person.

JUNE 24, SATURDAY-GIANTS GAME 12:45 PM at Kohl's parking lot in Salinas. New York Mets, 1st 30,000 fans receive a Giants Retro Bobblehead. \$170 per person, Club Level section 230.

JULY 23, SUNDAY-GIANTS GAME 9:30 AM, Kohl's parking lot in Salinas. San Diego Padres, 1st 20,000 fans receive Giants Bucket Hat. \$140 per person, lower box section 128.

AUGUST 19 - 26, 2017 - THE GREAT OREGON SOLAR ECLIPSE Here's a 'bucket list' experience of a total solar eclipse plus a cruise on the Columbia River through the Gorge, one of the most beautiful of river cruises. The variety of things you will experience are the Bonneville Dam, Multnomah Falls, Nez Perce history plus Lewis and Clark history, a speedboat trip through the Snake River where you'll see a 7000-year-old petroglyph, Hanford Interpretive Center, Maryhill Museum, Fort Clatsop and more. The highlight will be the day of the eclipse - hear and learn from astronomers. This is a smaller boat and because it is an eclipse trip, it will sell out quickly. All drinks and excursions are included. We will have a historian on board telling us all about what we are seeing including a lot of what Lewis and Clark journaled about. We will also have Michelle Thaller, astronomer, on the cruise with us. You can see her on the science channel on the program "Universe". She will explain (in laymen's language that we can all understand) much about the stars, preparing us for the total solar eclipse. This trip is sold out, but there is a waiting list. Cancellations do happen! From \$4,395.

OCTOBER 7, 2017 FLEET WEEK Join us on the San Francisco Belle triple decker paddle wheel boat as we feast on a lavish buffet with free-flowing sparkling wine, soda, orange juice. You will see the Blue Angels from the most unique position of the middle of the bay flying above, around, in front of you. Celebrate the Navy this day. \$138/person.

DECEMBER 3, 2017, BEACH BLANKET BABYLON with lunch at Original Joe's. The longest running review in the world is full of laughter and holiday spirit. Lunch will be served family style and then we walk a block to the theater. Reservations need to be in by early October please. \$137/person.

FEBRUARY 16-24, 2018. PANAMA Explore the diversity of Panama from Panama City's colonial architecture to the lush, tropical rainforest and the engineering marvel of the Panama Canal. Highlights are the UNESCO site of Casco Viejo and the experience of a whole day of going through the canal. \$3785 p/p if reserved by June 15.

JULY 15-31, 2018 HAWAII CRUISE Round trip from San Francisco aboard the Crystal Symphony. See brochure for details.

*There's nothing
like a nice walk
with a good
friend to elevate
your mood!*



EXCERPT FROM MARCH AARP BULLITEN: 50 WAYS TO LIVE LONGER

46. BETTER YET, WALK

What's the best prescription for a longer life? Exercise. And doctors are literally prescribing it instead of medication. "There is no pill that comes close to what exercise can do," says Claude Bouchard, director of the human genomics laboratory at Pennington Biomedical Research Center in Louisiana. It benefits your brain, heart, skin, mood and metabolism. Even as little as 10 minutes of brisk walking can help (that's all it takes to burn off the calories of one chocolate chip cookie). Once you can do 10 minutes, push it to 15. Then 20. Start slow, but just start!

47. JUST NOT IN THE STREET

Nearly 5,000 pedestrians are killed annually in the U.S., according to the latest federal figures, and nearly 20 percent of those deaths were among adults age 65 and older. If you walk for your health—and we hope you do—stay safe and consider doing so at the mall, a community health center or a park.

48. AND GO A LITTLE FASTER

The benefits of a brisk walk are real: A University of Pittsburgh study of adults 65 and older found that those whose usual walking pace exceeded one meter per second lived longer. While researchers say they can't recommend brisk walking as a panacea for living longer, they did see increased survival in those who picked up the pace over the course of a year.

Or just come and join one of our activities. Pictured below are Yoga and Western Dancing.



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Salinas CA 93901



Thank you T & A
For mailing these!



Zumba has been so popular that we are adding another class. It will start on Monday, June 5th at 9:00 AM. Thank you, Loretta Salinas, for making Zumba so much fun!

CELEBRATE YOUR VINTAGE VEHICLE

Proud of your vintage ride. Have it's portrait painted on the wall surrounding our parking lot. Our mural will consist of 25 –30 slots with vintage vehicles painted, one per parking space. The cost is \$150 per space for the vehicle, plus \$100 if you want your picture included with it. The “donation” is tax deductible. Contact us at (831) 424-5066 or activeseniorsinc@gmail.com. First come, first served. We will be featured in *Deadend Magazine*!

ASI is starting a Photography Interest Group. They will initially meet on Thursday, June 29th and thereafter on the 4th Thursday of each month from 1 to 3 PM. This is not a class, but is a place where those interested can get together and share their work and we can learn from one another.

